



Pork Chops with Praline Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 1 tablespoon butter
- ☐ 0.3 cup plus light
- ☐ 0.8 cup evaporated milk
- ☐ 0.3 cup pecans chopped
- ☐ 4 pork chops

Equipment

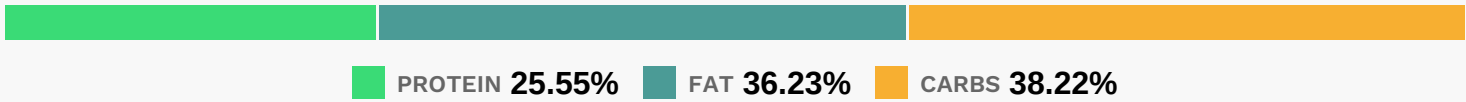
- ☐ frying pan

- ☐ sauce pan
- ☐ kitchen thermometer

Directions

- ☐ In a large skillet over medium-high heat, cook the pork chops until no longer pink in the center, 5 to 7 minutes per side. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).
- ☐ Melt the butter in a saucepan; stir the brown sugar into the melted butter until smooth.
- ☐ Add the evaporated milk and stir; bring the mixture to a boil and immediately remove from heat. Stir the corn syrup into the milk mixture; fold the pecans into the sauce. Spoon the sauce over the pork chops to serve.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:3.14, Inflammation Score:-3, Nutrition Score:19.487826046736%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 508.47kcal (25.42%), Fat: 20.66g (31.78%), Saturated Fat: 7.67g (47.95%), Carbohydrates: 49.04g (16.35%), Net Carbohydrates: 48.38g (17.59%), Sugar: 48.06g (53.4%), Cholesterol: 111.01mg (37%), Sodium: 157.82mg (6.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.78g (65.56%), Selenium: 46.21µg (66.02%), Vitamin B1: 0.97mg (64.91%), Vitamin B3: 10.91mg (54.54%), Vitamin B6: 1.02mg (51.11%), Phosphorus: 419.57mg (41.96%), Vitamin B2: 0.41mg (23.96%), Potassium: 708.55mg (20.24%), Zinc: 2.85mg (19.03%), Manganese: 0.34mg (16.82%), Calcium: 163.91mg (16.39%), Magnesium: 57.18mg (14.3%), Vitamin B5: 1.37mg (13.75%), Vitamin B12: 0.79µg (13.2%), Copper: 0.18mg (8.86%), Iron: 1.13mg (6.27%), Vitamin A: 209.57IU (4.19%), Vitamin D: 0.58µg (3.89%), Vitamin E: 0.43mg (2.84%), Fiber: 0.65g (2.62%), Folate: 5.66µg (1.41%), Vitamin C: 0.97mg (1.18%)